

CHILDREN'S MENTAL HEALTH WEEK

SOCIAL MEDIA TOOLKIT 2026

MAY 4TH- 8TH, 2026



MORE INFO AT: WWW.DECAL.GA.GOV/PREK/CHILDRENSMENTALHEALTHWEEK





The early years in a child's life provide key opportunities to establish safe and secure relationships supporting social and emotional development

DECAL is excited to celebrate the sixth annual
Children's Mental Health Week **May 4th – 8th, 2026!**

What is Children's Mental Health Week?

Children's Mental Health Week is a dedicated time to raise awareness about the importance of children's mental health and emotional wellbeing. This week is filled with activities and resources designed to help children, families, and educators understand and support mental health. Each day of the week has a special theme to guide our focus: **Mindful Monday**, **Talk It Out Tuesday**, **Wellness Wednesday**, **Thoughtful Thursday**, and **Feelings Friday**.

Children develop social and emotional skills—mental health—through strong, nurturing relationships with the adults in their lives. There is a window of opportunity in early childhood to establish the foundation for a child's emotional wellbeing throughout life. During Children's Mental Health Week, we promote activities that help children develop social emotional skills. We also celebrate the profound impact of early learning professionals and all caregivers on the emotional wellbeing of young children.



Goals of Children's Mental Health Week

1. **Raise Awareness:** Increase understanding of children's mental health and the importance of early intervention.
2. **Promote Activities:** Encourage participation in fun, age-appropriate activities that support mental health and emotional wellbeing.
3. **Celebrate Caregivers:** Recognize and honor the vital role of early learning professionals and caregivers in nurturing children's mental health.



Check out the [Children's Mental Health Week](#) webpage for resources and learn about the promotional activities we have planned to recognize the importance of children's mental health! Let's work together to support the mental health of every child!

VIRTUAL PUPPET SHOW



Wed, May 6 at 9am & 10am
Thurs, May 7 at 9:30am & 10:30 am

Children's Mental Health Week Grand Prize winner, wins a Live Show!

Register Now!

Save ^{the} date



MAY 4TH - 8TH



Social Media Tips:

- Use the hashtags **#littlekidsbigfeelings**, **#takeabreathtogether**, **#KidsMentalHealth** or **#DECALCMHWEEK2026** in all posts to boost your post's visibility.
- Keep your posts short.
- Add a picture to every post.
- Encourage teachers, parents, and staff to like, share, and repost your messages or create their own posts.



Facebook, Instagram, and Twitter (X) Post Ideas:

Emotional wellness doesn't mean being happy all the time. It's the ability to recognize and cope with emotions, good or bad.
#TakeABreathTogether

We forget what it's like when you can't reach the light switch. Take time to think about how overwhelming big feelings can be for young children.
#littlekidsbigfeelings



Learning within safe and nurturing relationships allows children to think clearly, develop socially, and learn new skills.
#littlekidsbigfeelings

One of the easiest ways to support a child's emotional wellbeing is to be a good listener.
#littlekidsbigfeelings



Children spell love: T I M E. Spending time your child promotes healthy relationships and supports their mental health!
#TakeABreathTogether


Strong, nurturing, and supportive relationships in early childhood build a foundation of mental wellness that can lead to a healthy, happy, and productive life.
#DECALCMHWEEK2026

Daily Messages:

Children's Mental Health Week is a dedicated time to raise awareness about the importance of children's mental health and emotional wellbeing. This week is filled with activities and resources designed to help children, families, and educators understand and support mental health. Each day of the week has a special theme to guide our focus: **Mindful Monday**, **Talk It Out Tuesday**, **Wellness Wednesday**, **Thoughtful Thursday**, and **Feelings Friday**.

Mindful
MONDAY


#kidsmentalhealth
#littlekidsbigfeelings



Talk it Out
TUESDAY

#kidsmentalhealth
#littlekidsbigfeelings

Practice Using feeling words



Annoyed
Upset
Glad
Mad
Happy
Shy
Confused
Frustrated

Wellness
WEDNESDAY

Find Your Feelings


#kidsmentalhealth
#littlekidsbigfeelings



Thoughtful
THURSDAY


Thankful Hearts

#kidsmentalhealth
#littlekidsbigfeelings



Feelings
FRIDAY

#kidsmentalhealth
#littlekidsbigfeelings



Whole Health Messages

(Nutrition, Physical Activity, & Mental Health)

Monday, May 4

A mindful moment can make Monday feel lighter. Invite kids to slow down, check in with their senses, and enjoy a wholesome snack. It's a gentle way to support well-being right from the start of the week. [#DECALNutrition](#) [#DECALPhysicalActivity](#) [#DECALCMHWeek2026](#)

Tuesday, May 5

Turn snack time into share-time! Ask children to pick a color or emoji that matches their mood and offer a focus-friendly snack like whole grains, berries, or yogurt. Talking about feelings becomes easier with practice. [#DECALNutrition](#) [#DECALCMHWeek2026](#)

Wednesday, May 6

Make wellness a mid-week highlight. Providing active play and nourishing foods gives kids the energy and confidence they need. Movement + nutrition = a happy brain-boosting team! [#DECALNutrition](#) [#DECALPhysicalActivity](#) [#DECALCMHWeek2026](#)

Thursday, May 7

A small act of kindness can make a big difference. Let kids brighten someone's day with a note or drawing, then keep their bodies and minds nourished with a healthy snack. [#DECALNutrition](#) [#DECALPhysicalActivity](#) [#DECALCMHWeek2026](#)

Friday, May 8

Support emotional skills by offering gentle, hands-on activities like caring for classroom plants. Pair with a nutritious snack to foster mindfulness and growth. [#DECALNutrition](#) [#DECALPhysicalActivity](#) [#DECALCMHWeek2026](#)

Virtual Meeting Background:



- [How to change your background on Zoom](#)
- [How to change your background on Microsoft Teams](#)

To access book lists, register for the virtual puppet show, and for age appropriate activities go to our website.

www.Decal.Ga.Gov/Prek/ChildrensMentalHealthWeek



Thank you for joining us in spreading the word and raising awareness about children's mental health! Your support is invaluable in helping us create a brighter, healthier future for every child. Together, we can make a difference and ensure that all children have the opportunity to thrive emotionally.

